**Promotional Email from Agency**

Dear [insert agency or higher education institution] employees,

You are invited to attend a virtual wellness fair that is taking place from October 17-22, 2022. This event is will provide you with engaging and informative information on a wide range of topics.

Over the course of the week you have the opportunity to participate in:

* 9 a.m. 15-minute motivational morning check-ins
* 10 a.m. 60-minute wellness sessions
* 12 p.m. Virtual Fitness Classes
* 2 p.m. Music Sessions featuring state employees that are also musicians!

This wellness fair is a great way to learn about the many benefits available to support you, connect and to have some *FUN* while learning strategies to ***Adapt & Thrive***!

Check out this [short promotional video](https://www.youtube.com/watch?v=eKn8snDeGiY) with more details on presenters. Register for the event to receive a virtual swag bag and emails regarding upcoming events through this [registration link.](https://event.gotowebinar.com/event/007325d5-e583-45a7-b102-ed507c7eb8b7)

All participants will receive a great “Virtual Swag Bag” and 5 door prizes will be given away at the live sessions (there are 14 live sessions!)

Please direct questions and concerns regarding the event to wellness@ers.texas.gov

Sincerely,

Your Wellness Coordinator

